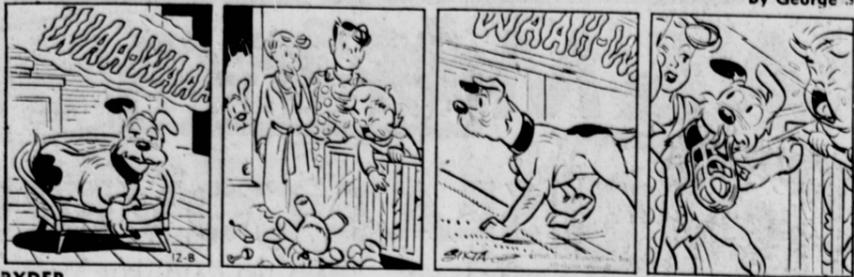


RIVETS



By George Sixto

RED RYDER



By Fred Harman



VIRGIL

By Lew Kleis



SUPERMAN



WHAT'S DOING

Telephone people have an important part in America's effort to send man into outer space. Western Electric, the manufacturing branch of the Bell Telephone System, heads a group of companies building a world-wide network of tracking stations.



The stations will track the capsule and send command signals to it. They will also receive signals reporting the spaceman's physical condition and provide direct communication between him and his earthbound colleagues.

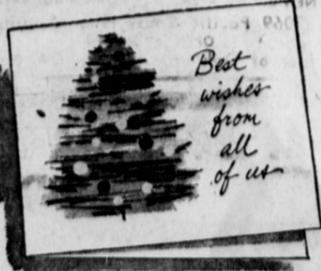
The National Aeronautics and Space Administration sponsors the project.

TIMELY TIPS FOR CHRISTMAS CALLS

Long distance lines to out-of-state cities and towns are busier on Christmas Eve and Christmas Day than at any other time of the year. You can be sure of reaching your folks and friends if you use these tips.

1. Plan your telephone holiday get-togethers for periods other than Christmas Eve, December 25 and 26. (The same reduced rates also apply after 6:00 p.m. every evening and all Sundays.)
2. Call by telephone number . . . get it in advance if possible.
3. Dial direct . . . use your DDD service if you have it.
4. More DDD lines are available after 11 o'clock at night. Tune in the Tournament of Roses Parade on KTTV, January 2nd, Channel 11 from 6 a.m. to 1 p.m., brought to you by

PACIFIC TELEPHONE



On behalf of all of us here at the telephone company, I want to wish you the happiest of Holiday Seasons. We hope the New Year holds many good things for you. We've enjoyed serving you this past year, and you can be sure we'll do our best to bring you the finest possible telephone service in the year to come. Pacific Telephone

Health Officer Issues Warning On Excess Use of Vitamins

By ROY O. GILBERT, M.D., County Health Officer

Food is the best source of vitamins and minerals and, unless in those cases where these food supplements are prescribed by a physician, there is no reason for a person who eats an adequate diet to waste his money on them. Indeed, according to an editorial ap-

pearing in the American Medical Association Journal the taking of excessive amounts of vitamin supplements can be downright harmful in some instances.

While it is true that most vitamins are excreted by the body when consumed in great quantities than is needed, this is not the case in vitamins

A and D which, so to speak, use the body as a storehouse. An overdose of vitamin A can, among other things, lead to skin eruptions or enlargement of the liver, and an excess amount of vitamin D can be the cause of gastrointestinal disturbances. In doctoring himself for whatever real or fancied dietary deficiency or ill-

ness he may have, the individual may well bring worse upon himself.

ONE OF the saddest features of the food supplementation racket—the term used by the American Medical Association—is that so many individuals, particularly older people on limited incomes, buy them even when they have to stint on food to do so.

The mistaken notion that everybody needs vitamin and mineral concentrates or that they are in a sense "cure-alls" for a variety of disorders, is widely publicized by food promoters who may even be convinced of its truth, to give them the benefit of a doubt. The fact is, however, that vitamin and mineral concentrates are not necessary for the average person if the diet is adequate.

A haphazard diet, bolstered by food supplements is an ill advised regime, according to

food and medical experts, for the diet may still be lacking in calories, protein, or other food essentials yet unknown. It is only when eating a well-balanced diet that one can be reasonably assured of supplying the body's food requirements in the best possible way.

THERE ARE certain deficiency states in which food supplementation is required. In such conditions as diabetes and stomach ulcers, for instance, the physician frequently prescribes proper vitamins or other appropriate food supplements. They may also be recommended during pregnancy because of the extra demands upon the body. In all such cases, the need is individually evaluated and the decision on dosage and kind to be taken rests with the doctor.

It is established by authorities in the fields of medicine and nutrition that all the food essentials needed to maintain good health are supplied by an adequate diet, the ingredients of which may be purchased in

the local grocery store. It is fallacious to maintain that the healthy individual must consume vitamin and mineral supplements in order to maintain or promote physical well-being. These same authorities are unanimous in their opinion that the best and cheapest way to get all the proper food substances that the body requires is to eat a well-balanced diet.

A daily food guide will be mailed to anyone who sends a card of request to the Division of Health Education, Los Angeles County Health Department, 241 N. Figueroa St., Los Angeles 12.

The Old Timer



"It used to be that a food and his money were soon parted, but now it happens to everyone."

How're You Doing, Jack?



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best chicken no. 1 flat chunk tuna 2 for	49c
chicken & turkey frozen birds eye dinners	49c
cal-fame 6oz. orange juice 5 for	\$1
potatoes russets 12oz. frozen 3 for	49c
fancy apples winesap 2 lbs	25c

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COMPTON: 4520 Alondra Ave.	BUENA PARK: 7461 La Palma Ave.
SOUTH GATE: 9701 State St.	FULLERTON: 1310 S. Nicholas
ANAHEIM: 801 Euclid 2437 Ball Road	BREA: 534 S. Brea Ave.